

For Women  
50-64 years old,  
their families & friends



# Be Wise Classes

They are FREE!

Call to see if  
you qualify  
(801) 851-7031

## HEALTH CLASSES

@ 11:00 AM



JAN 9th: **DIABETES**  
FEB 6th: **BLOOD PRESSURE**  
MAR 6th: **CHOLESTEROL**  
APR 3rd: **WEIGHT LOSS**  
MAY 8th: **DIABETES**  
JUNE 5th: **BLOOD PRESSURE**  
JULY 10th: **CHOLESTEROL**  
AUG 7th: **WEIGHT LOSS**  
SEPT 4th: **DIABETES**  
OCT 9th: **BLOOD PRESSURE**  
NOV 6th: **CHOLESTEROL**  
DEC 4th: **WEIGHT LOSS**

## COOKING CLASSES

@ 10:00 AM



JAN 30th: **CALCIUM RICH FOODS**  
FEB 27th: **SUGAR, SALT & FAT**  
MARCH 27th: **MY PLATE**  
APRIL 24th: **WHOLE GRAINS**  
MAY 29th: **FOOD & EXERCISE**  
JUNE 26th: **PROTEIN**  
JULY 31st: **PLANNING & SHOPPING**  
AUG 28th: **SUGAR, SALT & FAT**  
SEPT 25th: **CALCIUM RICH FOODS**  
OCT 23rd: **WHOLE GRAINS**  
NOV 20th: **FOOD & EXERCISE**  
DEC 18th: **PLANNING & SHOPPING**

## YOGA CLASSES

@ 6:00 PM



JAN 16th: **YOGA**  
MAR 13th: **YOGA**  
MAY 15th: **YOGA**  
JULY 17th: **YOGA**  
SEP 11th: **YOGA**  
NOV 13th: **YOGA**

## ZUMBA CLASSES

@ 6:00 PM



FEB 20th: **ZUMBA**  
APR 17th: **ZUMBA**  
JUNE 19th: **ZUMBA**  
AUG 14th: **ZUMBA**  
OCT 16th: **ZUMBA**  
DEC 11th: **ZUMBA**

All classes are on a Wednesday & they are FREE at the Utah County Health Department

151 S. University Avenue, Provo

For more information call (801) 851-7031

*Due to classes being taught by volunteers, they are subject to change without any notice*